

Beginner example

Day X – Load focus – legs, secondary – shoulders & biceps

1a) BB <u>or</u> DB deadlifts – heavy	4 X 6-8
1b) Overhead tubing standing biceps curl	4 X 10-12
1c) Contralateral knee to elbow crunch from plank	4 X 8-15 ES
2a) Bulgarian split squats with DB <u>or</u> DB walking lunges	3-4 X 8-12 EL
2b) Alt. DB clean and press <u>or</u> DB 2-arm snatch with overhead squat	3-4 X 10-12 (ES)
3a) Laying <u>or</u> seated leg curl machine	3 X 12-15
3b) Squat with rotational press – MB <u>or</u> DB <u>or</u> Alt. DB overhead punch	3 X 12-15/10-12 ES

Intermediate / Advanced example

Day X – Load focus – chest, secondary – back & triceps

1a) BB <u>or</u> DB flat chest press - heavy	4 X 6-10
1b) Alt. tubing <u>or</u> cable pull-ins	4 X 10-12 EA
1c) Diamond pushups <u>or</u> reverse dips from bench	4 X 8-10
2a) Flat DB flyes	3-4 X 10-12
2b) Alt. DB lawnmower starters	3-4 12-15 ES
2c) Alt. DB standing triceps extensions	3-4 10-15 EA
3a) Any machine press <u>or</u> explosive pushups	3 X 12-15 (8-10)
3b) Standing tubing alt. speed rows	3 X 15-20 ES
3c) Triceps machine pushdowns <u>or</u> triceps rope pulldowns	3 X 12-15



FAQ

Why is Intermediate / advanced the exact same workout?

One of Scott's principles is that when you get to the intermediate or advanced level, the difference lies in the level of application that the trainee brings to the program.

Where can I get a full program?

The above workout is customized to be a good intro to MET, though it's not a full program.

To learn more about the methodology behind MET, read the MET Workbook. As well, all of Scott's video workout programs come with a full workout, with variations and substitutions.